

10 EAR, NOSE & THROAT

10.01 EAR PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Gentamicin Eye Drops 0.3%, 5ml <i>[Contains benzalconium chloride]</i>	EDL	May be used for ear application: apply 3-4 drops 3-4 times daily reduce frequency when relief is obtained.
Olive Oil Ear Drops		Ear wax removal, 3-4 drops 3-4 times daily. [Note. In house preparation, expiry 14 days.]
Prednisolone Eye Drops 1% (Pred-Forte) <i>[Contains benzalconium chloride]</i>	MSL EDL	For ear application for eczematous inflammation in otitis externa: Apply 1-2 drops 2-4 times daily.

COMMENT/CAUTIONS:

- The patient should be encouraged to lie with affected ear uppermost for about 10 minutes after the eardrops have been applied to ensure droplet penetration to the affected skin.
- Preparations containing aminoglycosides (e.g. gentamicin, neomycin, soframycin/framycetin) or polymixins should be used cautiously if the eardrum is perforated, due to an increased risk of drug-induced deafness. Prolonged use should be avoided.
- Warm ear drops to room temperature before use unless otherwise directed.
- DISCARD ALL ANTIBACTERIAL EAR PREPARATIONS 4 WEEKS AFTER OPENING FOR OUTPATIENTS & 7 DAYS AFTER OPENING FOR INPATIENTS.

10.02 TOPICAL NASAL PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Beclomethasone Dipropionate Aqueous Nasal Spray 50ug/dose (0.05% w/w) (Beconase) [Contains benzalconium chloride]		Adult & child > 6 yo: 100ug (2 sprays) into each nostril twice daily or 50ug (1 spray) into each nostril 3-4 times daily; max 400ug (8 sprays)/DAY.
*Xylometazoline 0.1% Nasal Spray (Otraspray, Otrivine) [Sympathomimetic]	MSL	Adult & child > 12 yo: 1 spray each nostril 2-3 times daily when needed; max 7 days.

COMMENT/CAUTIONS:

- **Corticosteroids** must be used regularly for allergic/vasomotor rhinitis.
- **Xylometazoline:** more potent with long duration, may cause rebound nasal congestion.
- **Sympathomimetic** preparations may cause hypertensive crisis if used during treatment with or within 2 weeks of stopping MAOI. They are contraindicated in severe heart disease. Prolonged use may give rise to rebound vasodilatation with a subsequent temporary increase in nasal congestion. Use no longer than 3 days, max 1 week.
- DISCARD ALL NASAL PREPARATIONS 3 MONTHS AFTER OPENING FOR OUTPATIENTS & 1 MONTH AFTER OPENING FOR INPATIENTS.

10.03 ORAL DECONGESTANT PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Pseudoephedrine Hydrochloride Tab 60mg (Sudafed)		Nasal congestion, adult 60mg (1 tablet) up to 4 times daily, child 2-6 yo 15mg (quarter tablet) 3 times daily, 6-12 yo 30mg (half tablet) 3 times daily.

COMMENT/CAUTIONS:

- **Pseudoephedrine** should be used with caution in diabetes, hypertension, hyperthyroidism, and ischaemic heart disease, and AVOIDED in patients taking monoamine oxidase inhibitors.

NOTE. For other Antihistamines see Chapter 03 Respiratory System Section 3.03.

10.04 DRUGS FOR ORAL ULCERATION & INFLAMMATION

GENERIC (TRADE NAME)	CAT.	INDICATION/DOSE
Chlorhexidine gluconate 0.1% oral rinse 125ml & 250ml	<i>MSL</i>	15mls to use as oral rinse or gargle for 30 seconds, twice daily. [Note. In-house preparation, expiry 7 days after dilution. To dilute, take 40mls of 5% concentrate or 10mls of 20% concentrate and top up with water to 2000mls, then repack in 250mls bottles if needed.]
Choline salicylate 8.7% & Cetalkonium 0.01% Gel 15g (Bonjela)	NF	Apply 3 hourly when needed to sore area for max 6 doses in 24 hours: Adult ½ inch gel, child > 4 mth ¼ inch gel.
Lip Balm (various)	NF	Apply to dry or chapped lips as required, see product leaflet for details.

COMMENT/CAUTIONS:

- Some preparations may cause transient stinging when applied.
- Use choline salicylate (Bonjela) gel sparingly in children to avoid salicylate poisoning.